

Senior Spirit

Senior Services and D.A.R.T. Transportation DIRECTOR'S NOTES

During this month, our country turns its attention to our collective, and individual preparedness, and our ability to respond to emergencies of all kinds. Below is a list of useful resources and information, focused on the needs of people with disabilities, older Americans, and those with low incomes for transportation in emergency situations to share with you. So in that spirit I feel it prudent to offer a few suggestions which will help each senior I stay prepared:

If you have access to the internet, the following tips and websites are a great resource:

Preparing for Disaster: Getting All to Safe Ground is a fact sheet developed by the Coordinating Council on Access and Mobility's Emergency Preparedness and Response Work Group, that addresses the needs of those with access and functional requirements in emergency preparation and disaster response.

Preparing Makes Sense for People with Disabilities and Special Needs is a guide produced by Ready.gov that outlines commonsense measures individuals with disabilities, special needs and their caregivers can take to start preparing for emergencies before they happen. For more information please visit: <http://www.ready.gov/document/preparing-makes-sense-people-disabilities-and-special-needs>.

Enhancing Public Health Emergency Preparedness for Special Needs Populations is a Toolkit for State and Local Planning and Response which details relevant strategies, practices, and resources to identify priority populations and critical strategies. Accompanying this toolkit is a Web-based Geographic Information Systems (GIS) tool to identify and enumerate special needs in your community. For more information please visit: http://www.citizenvoice.org/safely_out/documents/RANDToolkitSO.pdf

Avoiding Disasters for the Special Needs Population, from the Office of Civil Rights at the Department of Health and Human Services, provides information on effective planning, response, and recovery for the special needs population, consistent with Federal civil rights laws. For additional information go to:

<http://www.hhs.gov/ocr/civilrights/resources/specialtopics/emergency/pre/eptrainingppt.pdf>

Other helpful tips:

1. Make sure you look at the outside areas of your home with winterizing needs. Shut off sprinklers, clean leaves, making sure gutters are clean.
2. Each home should start putting away canned and nonperishable food a little bit at a time.
3. Buy extra water to store.
4. Make sure batteries are changed in your smoke detectors.
5. Make sure you have flashlights in easy to access areas. Be sure to have spare batteries for each flash light.
6. Make sure water hoses are put away and "snow melt" salt is purchased for the year.
7. Make sure you have a file of emergency information on your fridge that will be provided by TRIAD. (ie., emergency contact, medical directive, list of medications you are taking and if you have a pacemaker, etc.)

Each of these suggestions should take place a little bit at a time, don't overdo it with your budget.

I hope you all enjoy the fall colors go attend a fall function which celebrates the season.

Travis K. Lee
Senior Services and Public Transit Manager
Douglas County, NV

Important Douglas County Senior Services Programs

Congregate Dining: Lunch is served each Monday-Friday at 12 pm at the Senior Center. The suggested donation for lunch is \$3.00 for anyone 60 or older, and \$5.00 for those under 60. ***Those unable to pay will not be denied service.**

TRE Congregate Dining: Congregate Dining is provided each Monday, Tuesday and Thursday at 12pm at the TRE Community Center located at 3939 Carter Way in Topaz Ranch Estates. The suggested donation for lunch is \$3.00 for anyone 60 years or older.

***Those unable to pay will not be denied service.**

North County Dining: Congregate Dining is provided each Wednesday and Friday at 12pm, at the James Lee Park GID, located at 3394 James Lee Park, Carson City (Indian Hills). The suggested donation for lunch is \$3.00 for anyone 60 years or older. ***Those unable to pay will not be denied service.**

Homemaker Assistance: The Homemaker Service provides weekly or bi-weekly visits of basic cleaning, laundry, grocery shopping and cooking assistance.

The suggested donation for this service is \$3.00 per hour. 783-6455

Meals on Wheels: All Seniors 60 years and older who are physically incapacitated or unable to leave the house can receive weekly Meals on Wheels. The suggested donation for this service is \$2.00 per meal*. 783-6455

Transportation: Transportation is provided for all seniors 60 and older. Round trip medical transportation is available. **Due to demand, we request a**

2 day notice on appointments to ensure service. Call 783-6456.



Are you looking for an opportunity to volunteer? Come on in to the Senior Center and find out how you can help us keep our programs running or call 783-6455.

Important Contacts In Our Community

Aging and Disability Services Division: (C.H.I.P) 687-4210

Alzheimer's/Dementia Support: 883-0703 ext. 223

Gentiva Hospice 775-882-5735 or 775-443-7556

Crisis Call: 800-992-5757

DART Transportation: 783-6455

Douglas County Community Health Nurse: 782-9038

Elder Abuse: 800-992-5757

Energy Assistance: 684-0731

Elder Protective Services: 688-2964

Family Support: 782-8692

Fire Department: 782-9996

Food Closet: 782-3711

Grief Support: (530) 543-5605

Guardianship: 721-1239

HUD Housing: 887-1795

Nevada Job Link: 684-0400

Douglas County Parks & Rec: 7829828

Ron Wood Family Resource Center: 884-2269

Senior Legal Helpline: 877-693-2163

Senior RX: 687-8711

SHIP: 800-307-4444

Social Services: 782-9825

State Welfare: 684-0800

"Let your fingers do the walking"

COUNTY COMMISSIONERS—

Doug N. Johnson (Chairman), Nancy McDermid (Vice-Chairman), Greg Lynn, Barry Penzel, Lee Bonner

SENIOR ADVISORY BOARD MEMBERS—

Bob Cook (Chairman), Kevin Servatius (Vice Chairman), Marion Barritt (YAH Representative), Tom Ingham (Council Member), Felix Lockwood (Council Member), Robert Schultz (Council Member), Mike Olson (Council Member), Steve Mokrohisky (County Manager), Scott Morgan (Community Services Director) and Travis Lee (Manager of Senior Services).

SENIOR SERVICES STAFF—

(Director) Travis Lee, (Transportation Coordinator), Linda Skaggs, (Drivers) Russ Kozerski, Renee D'Accardo, Ron Schnur, Tim Scherer, Henry Martinez, Robert "Woody" Wood, Richard Petersen, James Villa Senor (Food Services Supervisor) Tammy McComb, (Kitchen Staff) Victoria Broom, Brittney Schreckengost, Danielle McGillivray, Tabitha Nickerson, Mike Stewart (Recreation Specialist) Sheri Karosich, (Senior Office Assistant) Patti Gurule, (Homemakers) Cindy Ponder, Celeste Dwinell, Kim Cunningham

More Douglas County Senior Services

D.A.R.T



775.783.6455
775.783.6456

Fares:

Adults: (age 12 & over)...\$2.00 per ride
Seniors*\$1.00 donation
Student ID Discount.....\$1.00 per ride
Medicare.....\$1.00 per ride
Disabled.....\$1.00 per ride
*Services will not be denied because someone chooses not to contribute.

Did you know?

**** Need a Notary?** For just \$5 per person, our very own Patti Gurule will notarize your signature. All proceeds benefit Meals on Wheels. **Be sure to call for an appointment at 783-6455.**

**** DMV Services** will be visiting the Senior Center on the **October 13th** from 10:30am - 12pm to take renewals and answer questions.

**** The Health Nurse** will be visiting the Senior Center, TRE and N. County Community Center(s) this month to provide **FREE Blood Pressure Checks**. To have your Blood Pressure checked, come to the Gardnerville Senior Center on Wednesday, October 15th from 10:45am-11:45am. or to the TRE Community Center Blood Pressure Clinic is Tuesday, October 21st from 12:15pm-12:45pm or North County (GID) on Wednesday, October 22nd, from 11:45pm-12:15pm.

**** Are you a Veteran?** Do you have questions about your benefits or what services may be available to you. Welcome All Veterans Everywhere ("WAVE") local organization along with an American Legion VA Benefits Specialist are available to help at the Senior Center. **Two hour appointments will be available from 9 am to 4 pm on Wednesday, October 23rd and Thursday, November 13th. Emergency help and appointments are also available.** To schedule an appointment call Sheri Karosich at (775) 783-6455 at the Senior Center. Veterans are advised to bring their DD-214 discharge document, VA card and current VA claim correspondence.

****Nevada SHIP : MEDICARE OPEN ENROLLMENT** for Prescription Drug and Medicare Advantage Plans run from **October 15–December 7**. Any changes made will take effect January 2015. Nevada SHIP volunteers can help you make sure your individual plan is still your best choice. SHIP counselors provide free objective and unbiased information about Medicare and will assist you determine if you are eligible for savings programs that may save you money. Call 267-7907 and leave a message with your name and telephone number. One of your local SHIP counselors will call you back to schedule an appointment.



YOUNG AT HEART



Current 2014-2015 Young At Heart Board Members



YOUNG AT HEART BOARD MEMBERS—

Andrea Rajeski (President), Bob Issacs (Vice President), Howard Althouse (Treasurer), Paul Lockwood (Secretary), John Cast-er, Lucie Johnson, Annette Muller, Linda Sawtelle, Nick Cane, Bob Cook (Senior Advisory Board Representative), Travis Lee (Manager of Senior Services), Scott Morgan (Community Services Director), Steve Swabacker (Community at Large Member #1) and Cindy Petersen (Community at Large Member #2).

What is Young at Heart?

Young at Heart (YAH) is a nonprofit organization that raises funds for the Douglas County Senior Center's needs and sponsors events and groups that benefit our Seniors.

What do we do?

Events we sponsor include: Weekly and Monthly Bingos, 90+ Birthday Meals, 100+ Birthday Celebration(s), Mother's Day Flowers, Father's Day Treats, 50/50 Birthday Raffles, Bake Sales, You-Pick-It Raffles, Ice Cream Social (free to members), Christmas Craft Fair, Christmas (Lunch) Party (free to members), and Christmas Gift Bags for Homebound Seniors.

We support the Hot Soup Program, Adopt an Elder Project and the Sight Impaired Support Group. In addition, we manage the YAH Gift Shop.

Each year the Center and the Kitchen give YAH a "wish list" of items that are not covered by the budget. YAH tries to fulfill those wishes, such as: purchase of an Inventory Control Program for the kitchen, upgrades on our dining room speaker system, purchase of the dining room furniture, purchase and repair of the walk-in freezer and so much more! Our most important job this year is to provide funds to help equip our new Senior Center, scheduled to open by Spring 2015. Membership is only \$5 for the year!

When does our Senior Services and Young at Heart Board(s) Meet?

On the Second Monday of each month our Douglas County Senior Services Advisory Board meets at 8:15am in the Ceramics room at the Senior Center, followed by the YAH, Senior Citizens Club Board of Trustees meeting at 9:30am.





OCTOBER UPDATES



Our Young at Heart 40th Anniversary Celebration was a huge success; 132 attendees signed in, including 20 new members. This brings our overall YAH membership count to an incredible 472!

Thanks to all the helpers in the kitchen as well as Doug and Cindy Petersen, and all the servers. Thanks to Vonnie Orgill and Marrion Barritt for their hard work in putting this successful event together. The decorations and historical memorabilia were beautiful and enjoyed by all. A special thank to John Caster for his wonderful BBQ sauce beans, pulled pork and cold slaw—his very own secret homemade recipes were out of this world.

Congratulations to Peggy for winning one of the two raffled gift baskets and to the brand new YAH member who won 50/50 raffle pot of \$212.00!

We are excited about the upcoming Annual Holiday Craft Fair that will take place at the 2300 Meadow Lane, Senior Center on November 22nd from 8am-3pm. There are still a few booths available. Contact Lucie Johnson at 783-4073 if you would like further information. Don't wait, or you may miss out!

The Christmas Gift Bag donation drive for our local homebound and Meals on Wheels seniors starts on November 4th; we expect to distribute 160 bags this year. We are in need of large bottles of shampoo/conditioner, large bars of soap, lip balm, hand/body lotion, hand sanitizer, tooth brushes, tooth paste, wash clothes, towels, dish towels, socks, hats, scarves, lap blankets, cookies, candy (regular & sugar free), gift cards and monetary donations, so we can buy additional goods to fill the bags. (Let your heart be your guide!) Donations will be accepted in the front lobby of the senior center during this drive.

Finally, we are looking forward to our move into the new Senior Center. The Grand Opening will be December 6th 2014! Our Annual Young at Heart Christmas party will take place at the new center on December 13th. Please RSVP if you plan on attending. More information about the party to follow in November.

-Andrea Rajeski, YAH President



YAH ACTIVITIES



October

8th—50/50 Raffle
13th—YAH Board Meeting
19th—YAH Bingo
31st—Senior Center
Closed in Observance of
Nevada Day

November

10th—YAH Board Meeting
11th—Veteran's Day (Center
Closed)
12th—50/50 Raffle
16th—YAH Bingo
22nd—Holiday Craft Fair
27th & 28th—Center Closed
for Thanksgiving Holiday
30th—YAH Bingo (Special)

December

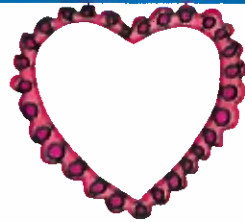
8th—YAH Board meeting
10th—50/50 Raffle
13th—YAH Christmas
Party
21st—YAH Bingo
25th—Christmas Day
(Center Closed)



YAH ACTIVITIES



Get Involved



Board Elections were held on August 6th. Howie Althouse, Nick Cane, Paul Lockwood and Andrea Rejeski were voted into the open Board Member positions. The new Board voted Andrea Rejeski as the new YAH President, Howie Althouse will remain Treasurer, Paul Lockwood will remain Secretary.

YAH Community Bingo



@ the Senior Center
Sunday,
October 19th, 2014
Doors open at Noon
Progressive Pot:
\$ 500.00
& 54 numbers

Volunteers Needed



Bingo Volunteers are needed for the Sunday Bingo starting at 1 pm Contact Lillian Heckers at 267-4897 for more information.

Green Thumb Garden Club

The Garden Club Meeting is October 27th at 10:00 am at the Parks & Rec Annex on Waterloo. The topic is TBA. For more information Howie or Harriet 265-9554



Annual Holiday Craft Fair

Saturday, November 22 from 8am-3pm
Food Shopping and fun for everyone!
Come enjoy lunch, meet your friends & shop till you drop!

For more information contact Lucie at 783-4073 or luciejohnson@yahoo.com



Carson Valley Bridge Club



We invite you to join us
Monday and Friday at 1:00 pm.
Location: Annex next to the
Parks & Recreation Bldg. on Waterloo.
Sanctioned Duplicate Bridge. All welcome.

Sight Impaired Support Group

Do you struggle with sight impairment or blindness?



Discover what devices are available and gather info about who and what may be helpful. This group meets the first Thursday of each month at 10:00am- 11:30am in the Senior Center's Ceramics Room.

GIFT SHOP

The Young at Heart Gift Shop is looking for Volunteers & Substitutes during the week. The hours of operation are 9:30am-12:00pm. Contact Margaret 392-0585 or Sharon 265-3401



Knitting, Crocheting & Needle Point

This group meets every Monday at 9am to create various projects and have a good time. If you are interested in joining us, please contact Linda Sawtelle at 783-7278.



Gardnerville Senior Center

Classes and Groups

Watercolor Class



Watercolor classes continue at the Senior Center. They meet on the 2nd and 4th Thursdays of the month from 9am-12pm. Each class is just \$20 and all supplies are included. To sign up or for more info, please call instructor, Lada Trimble at 882-6061.

Silver Yoga



Silver Yoga meets on Tuesdays and Thursdays throughout the summer at the Gardnerville Senior Center in the grass area of the parking lot at 10am. This class can be done sitting in a chair. It is offered for a suggested donation of \$3 per class. If you have any questions, please call Jeanne at 790-6377.



Exercise Class

Free Fitness Exercise Class

Work on your flexibility, range of motion and balance. Class meets Monday, Wednesday and Friday mornings in the Senior Center Lobby from 10:30-11:15



Grief and Loss Support Group

This new group meets on the **2nd & 4th Wednesday of each month from 9:30-10:30am** at the Sr. Center, in the Ceramics Room. This group is sponsored by the Carson Valley Medical Center—Vitality for Life.

Grief is a process we go through as we adjust to the loss of anyone, or anything important in our life. Loss of a job, a move, divorce, declining health, or loss of a loved one, are just a few of the losses that can cause grief. The work of grieving is emotionally, mentally and physically exhausting. The time involved with adjusting to the loss depends on the type of loss, one's life experiences and support system. There is no right, or wrong way of grieving as long as one is not becoming self destructive. We don't get over the loss, or recover from it. We get through it to acceptance, regain our balance, and eventually move on with our lives. This group is geared toward helping you through this process.

Dementia & Alzheimer's Support Group

This group meets on will meet on the **3rd Wed every other month, from 9:30-10:30** at the Sr. Center in the ceramics room. The **next meeting will be Wednesday, November 19th**. The group will focus on helping caregivers of loved ones stricken with dementia address various issues associated with the progression of dementia and its affects.

Mark Your Calendar for these Upcoming Senior Center Events...

October

2nd—Meadowood Mall Trip
7th—Animal Ark (Reno Zoo Trip)
8th—Birthday Day
8th—Flu Clinic 9:30-11:30
9th—Flu Clinic 9:30-11:30
14th—Kokanee Salmon Festival
31st—Nevada Day (Senior Center Closed)

November

7th—USO Celebration
11th—Veteran's Day (Senior Center & DART Closed)
16th—My Fair Lady Trip
22nd—UNR v. Fresno State Trip
26th—Thanksgiving Feast
27th-28th—Thanksgiving Holiday (Senior Center & DART Closed)

December

2nd—Meadowood Mall Trip
6th—Grand Opening of New Senior & Community Centers
13th—Winter Wonderland Trip to El Dorado
16th—Beginning of Hanukkah
24th—Christmas Feast
25th—Christmas Day (Senior Center & DART Closed)
31st—New Years Eve Celebration

TRIPS & ACTIVITIES

All trips and activities are open to the public and are filled in a first-come first-served basis and may be limited.



MEADOWOOD SHOPPING MALL

Get ready to shop till you drop! Are you ready for a day of shopping, people watching and getting out of the house? Join us on a trip to Meadowood Mall on Thursday, October 2nd. We will depart the Gardnerville Senior Center at 9am and return by 3pm. The cost for this trip is only \$10.00 and includes your transportation. Please plan to bring or buy your lunch at the mall. Sign up for this trip at the front desk on or before Sept. 25th.

ANIMAL ARK—RENO ZOO

Lets go wild! Come spend a day at the Reno Animal Park on Tuesday, October 7th. We will depart the Gardnerville Center at 9am and return by 4pm. Plan to purchase lunch at the park. This cost for this trip is \$20.00, which includes your tickets and transportation. The deadline to sign-up and pay for this trip is October 7th.



Kokanee Salmon Festival



Join us for a day of peaceful trail walking, nature watching and salmon spawning in the river right at your feet. On Tuesday, October 14th we will head for Taylor Creek at 9am and plan to return by 4pm. The cost for this trip is \$ 20.00 and includes a picnic lunch and transportation. The deadline to sign up and pay for this trip is October 1st.

University of Nevada Reno vs. Washington State University

The Nevada Wolf Pack is hosting the Fresno State on November 22nd. We will be leaving the Senior Center at 2:45pm. The cost of this trip is \$60.00, which includes game tickets and transportation. Be prepared to purchase food at the game, or you can bring your own from home in a **CLEAR** plastic bag (no bags with writing on them). Sign up for this trip no later than November 5th.



MY FAIR LADY MUSICAL

Join us for this gloriously witty adaptation of the Broadway musical about Professor Henry Higgins, who takes a bet from Colonel Pickering that he can transform unrefined, dirty Cockney flower girl Eliza Doolittle into a lady, and fool everyone into thinking she really is one, too! He does, and thus young aristocrat Freddy Eynsford-Hill falls madly in love with her. We depart the Senior Center at 11:00am on November 16th for Brunch and Matinee Show at the Carson Community Theatre. Limited number of tickets for great seats avail. Don't wait! The deadline to sign-up and pay for this show is October 30th. Sign up at the front desk.

*** Please note, all sales are final and must be paid for within 14-days of the scheduled event or your reserved place will be given to another party. Most trips and tickets all are paid for in advanced and last minute cancellations, unless under emergency circumstances, **WILL NOT** be refunded, but may be credited for a future trip.



Do you have Internet access?

The newsletter is ready on the first of the month. Be the first to see it by signing up for our e-news list!

If you would like to have the newsletter emailed to you as soon as it is completed please send an email titled "Newsletter" to:

skarosich@co.douglas.nv.us and I will be happy to add you to the list!

GAME ANSWER

2	4	1	9	6	3	5	8	7
8	7	9	2	5	4	3	6	1
6	3	5	7	8	1	2	4	9
1	6	8	4	7	2	9	3	5
4	5	7	8	3	9	1	2	6
3	9	2	5	1	6	8	7	4
5	2	6	3	9	7	4	1	8
7	8	3	1	4	5	6	9	2
9	1	4	6	2	8	7	5	3

Look Who's Having A Birthday...

1st—Danny Haesaerts, Gary Hagg, Jean Hurford, Beatrice Presto, Ruth Rodway, Paul Sha, Lee Wendt
2nd—William Coleman, Robert Collins, Barbara Eldert, Ralph Elligott, James Farley, Moe Mazaheri, Roberta Radtke, Gacinta Ruelas, Shirley Snyder, Donna Stephenson, Barbara Terry, Colleen Webb, Wylie Wilson
3rd—Jean Anderson-Barkley, Arlene Jones, Linda Kirby, Leslie Koenig, Lynda Sulenec
4th—Margaret Christeson, Ernest Crowley, Carol Fletcher, Michelle Hineman, Rosemary Johnson, Betty Luoma, Karan Peterson, Robert Waters
5th—Nancy Dickson, Betty Hundsieser, Bernice Lumley, Les Mugford, Barbara Schilling
6th—Marilyn Austin, Karen Hall, Patricia Harrington, Valerie Kinney, John Roberts, Carl Vogt
7th—Kenneth Cummings, Earnest Sanchez, Susan Schwanke, Betty Smith, Marjorie Williams
8th—Richard Good, Mavis Lewis, Joseph Marangi, Jerold Mulliner, Christina Solorzano
9th—Charles Barrett, Joanne Elliott, Verna Frediani, Ray Hildebrand, Margaret Salas
10th—Gary Bough, Francine Dubois, Phyllis Erickson, Robert Farley, Joseph Salinas, Loris Schollaert, Sharon Shrum, Francine, Tabasa-Lopes
11th—Marjorie Barnett, Shirley Davis, Patricia Griggs, Daniel Pecenka,

Eugene Skiman, Ray Smith, Kenneth Witham
12th—Oma Buis, George Coon, Debra Hardin, Nita Kennedy, Patricia Libolt, Ralph Newcomb, Sylvia Pannell, Ted Pannell, Donna Parker, Ruby Treloar, Alda Vignes
13th—Joanne Ingham, Jim Jameson, Lois Jean Johnson, Alice Lamb, Starr McKimney, Robert Miller
14th—Betty Harris, Daniel Galano, Joanne Grant, William Howard, Helen Jones, Richard Kellenberger
15th—Clif Cardarelli, Louis Cardarelli, Henry Comoletti, James Frankson, JoAnna Hall, Sherryl Harrison, Lois Kohler, Robert Onken, Beverly Osborn, Willem Waterloo
16th—Patricia Baer, B. Brixen, Katie McNorton, Lucille Slattery, Ellen Stevens, Mary Ann Vido, Jean Wilson, Charles Wolle
17th—Beverly Chong, Ron Clarke, Luella Dever, Claudia Faulk, Virginia Vutenberg, William Willis
18th—Marrion Barritt, Frances Dacus, Marie Davis, Francine, Tabasa-Lopes, Patti Jessup, Jack Johansen, Doris Lockwood, Elaine Lethridge, Nellie Luna, Mary Moore, Sandra Offenstein, Reba Scholefield
19th—Richard Gangwish, James Harvey, Judy Huck, Deanna Kojder
20th—Darlys Fankhouser, Lauriano Guitierrez, Noel Hendrickson, Barbara Koster, Roy Stephenson
21st—Lorraine Campen, Clyde

Wilson
22nd—Wanda Crowe, Kathy Deitch, Gordon Fricke, Roland Gysen, Lowell Mitchell, Harriett Palmer, Mary Patterson, Betty Swartwood, Janice Tenorio
23rd—Ruth Benischek, Wanda Dotson, Al Gherardi, Karen Kerley, Jan Long, Veronica Park, Arlis Paslay, Robert Schenzel, Lois Sorensen, Dennis Usry
24th—Carol Cooper, James Crawford, Camille Faccini, Charles Gardner, George Ness, Barbara Rudz, Esther Villegas, Patricia Wheeler
25th—Pat Franklin, Joanne Smith, Milos Terzich
26th—Diana Barvis, Jim Donley, Ginger Firestone, Elaine Lawson, Nancy Mosinika, George Whorley
27th—Edgar Barnes, Lynette Brooks, Shirley Jones, Roy McCain, Harold Mastler, Karen Prime
28th—John Brooks, Fran Elisarraras, Kathleen Ferreira, Edmond Gero, Carol Haack, Catherine Hopkins, Martha Wilson,
29th—Jerry Daniel, Jim Valentine
30th—Laura Hancock, Mary Esther Harding, Maryanne Lane, Albert VonFlue
31st—Darlene Eisele, Harriet Keffer, John Manzo, Roberta Wilson



*Happy Birthday
to You,
Happy Birthday
to You,
Happy Birthday
Dear Seniors,
Happy Birthday
to You!!!*



Get Involved

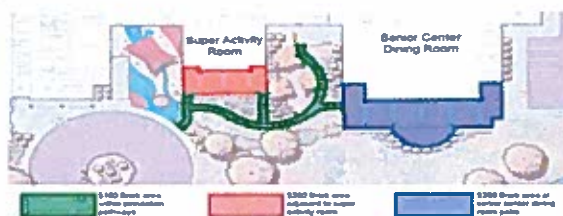
Furnish The Center



Community Services Foundation "Buy a Brick" Drive

Buy a "Piece of History" the Buy a Brick Campaign is available on the Community Services Foundation website: We have made it as easy as we can for you to donate. If you have online services in your home, you can go to: www.dccsf.com and purchase a brick that way, or we have forms at the Senior Center we can help you fill out and send to the Douglas County Parks and Recreation offices to process.

When you purchase a brick, you not only donate to the facility, you are providing a brick for the walkways and patios where people will immediately see your contribution to the construction. A brick may be one piece, but you will be a permanent part of the whole Douglas County Community & Senior Center.



CLICK WITH VERA GESSELMAN!!



Are you are interested in learning more about how to work a computer, send email, surf the web, or a variety of other tasks? Vera would love to help and will come to your home!!

Contact the Senior Center for more information or to register at 783-6455. Vera had graciously volunteered to teach those interested at no charge.

FLU SHOT CLINICS



The Carson City Health and Human Services will be providing Flu Shots at the Gardnerville, TRE and N. County Locations this year.

Mark Your Calendar!

Gardnerville Location: October 8th & 9th 9:30-11:30 am

TRE Location: October 21st 11:00am-12:00pm

N. County Location: September 24th 11:00am-12:00pm

The cost is \$25.00 for those who have no insurance or choose not to use their insurance, otherwise, they will be happy to bill your insurance for you.

USO CELEBRATION

Coming up: November 7th

Instructions for "OUR VETERAN" Certificate



In honor of all of our Veterans and their families, we would like to celebrate our Veterans, and those currently serving in the Military on November 7th, 2014 by displaying as many "Our Veteran" Certificates as possible in the Senior Center. Please note, the Veteran does not have to live locally, or living.

We want to celebrate EVERY Veteran and their service!

Please feel free to complete one or several certificates and return them to Sheri Karosich by November 4th. Attach a COPY of a picture of the Veteran (**DO NOT ATTACH ORIGINAL PHOTOS**). Fill out as much information as possible, ie., tell us about the Veteran and their service. After the USO Celebration, the Certificates will be taken down and returned if you would like them.

During the week of the USO Celebration, November 3rd-7th, there will be a display of Medals, Awards, Honors, Photos, etc., in the Senior Center Lobby for any Veteran and their Families. For further information for how you can display your items, contact Sheri at 783-6455.

Please remember:

Due to the large number of meals served daily, we are not able to accommodate "special orders."

However, you may request a diet dessert, a "half-portion" or "no bread" with your meal.

All food that is not served is packaged for Meals on Wheels. Thank you!

Thought of the Month

~

Bittersweet October....

The mellow, messy, leaf-kicking perfect pause between the opposing miseries of summer and winter.

-Carol Bishop Hipps



* Sudoku * Sudoku * Sudoku *

The rules to play Sudoku are quite simple... Fill in the blanks so that each row, each column and each of the nine 3x3 grids contain one instance of each of the numerals 1 through 9. I heard on TV that doing Sudoku may help strengthen memory. And it is fun, too! Find the answer On page on page 9.

	4						8	
8			2	5	4			1
		5	7	8	1	2		
	6		4		2		3	
		7	8	3	9	1		
	9		5		6		7	
		6	3	9	7	4		
7			1	4	5			2
	1						5	



Meet Your Neighbor...

ANDREA RAJESKI

Andrea worked for Sears for 37 years, the last 10 years as the operations manager. In that capacity, she trained all new operations managers for her district.

After she retired, she moved to Gardnerville the next week and has been here for over 8 years. After moving, Andrea found her way to the Senior Center where she started volunteering as a Senior Companion (which she still does on occasion, and delivering Christmas Gift bags. She is currently and formerly the President of Young at Heart, as well as the front desk/phone volunteer on Thursdays and whenever else she is needed. She helps with DART, takes calls for Meals on Wheels and Life Alert in addition to helping staff with various other things as needed.

In her spare time she enjoys working in the garden with her husband Ray and her beloved dog Panda.

Senior Volunteer Opportunity



Infinity Hospice Care has volunteer opportunities for those interested in making a difference in the lives of others. We offer free volunteer training to prepare you in assisting patients and their families with a life-limiting illness.

Infinity Hospice Care is proud to be a part of the "We Honor Veterans" program as a 4-Star level partner. Veterans have unique end-of-life needs that are specific to their time in the military. Veteran Volunteers serve a unique end-of-life need that honors our veteran patients.

Anyone interested in volunteering can contact Kathy Tilton, Volunteer Coordinator at 775-852-6002 or vc1.reno@infinityhospicecare.com for more details.



Senior Center Volunteers

Are you looking for an opportunity to volunteer? Come on in to the Senior Center and find out how you can help us keep our programs running or call 783-6455.

ADOPT A SOLDIER

Your support makes a difference!

Adopt A US Soldier is a non-profit organization that seeks volunteers to help show the brave men and women fighting for our freedom that their sacrifices will not go unnoticed. It connects supportive civilians with deployed troops and offers a channel by which to communicate encouragement and express gratitude to those brave men and women serving in the United States Armed Forces.

Adopt A US Soldier is active in over 160 countries/ territories/ independent states with thousands of active volunteers supporting our troops by adopting a soldier. It is very easy to do and more rewarding than you can imagine, and you will show a soldier that you support them and cherish your freedom.

What Should I send my Soldier?

First and foremost deployed soldiers love any word from home. Any news, and trivia, even just the mundane and boring details of your everyday life are treasured by our troops. Just knowing that somebody cares enough to send them a kind word and to take the time to say thank you does more than you'll ever know.

To adopt a soldier, visit:

<http://www.adoptaussoldier.org> or contact Sheri to help with registration.

Gardnerville Activities & Trips—September



Charlie Daniels Band Concert @ CVI



Spectra

Having a Blast (Toni Molina & Friend)



T.R.E. Upcoming Activities & Events—September

What's Happening in TRE:

TRE Congregate Dining: Congregate Dining is provided each Monday, Tuesday and Thursday at 12pm at the TRE Community Center located at 3939 Carter Way in Topaz Ranch Estates. The suggested donation for lunch is \$3.00* for anyone 60 years or older. ***Those unable to pay will not be denied service.**

FREE Blood Pressure Checks: Will be at the TRE Community Center Blood Pressure Clinic is Tuesday, October 21st from 12:15pm-12:45pm **Douglas County Social Services:** TRE Community Center every Tuesday from 1pm—4pm **TRE Food Closet:** Located at 1441 Agate Road (TRE Church/enter at the side door) Open the last Monday of each month from 1-3p.m. ****No questions asked**** Nonperishable food donations are also accepted.

Birthday & Meet Your Neighbor



Don Campodonica

Don lived in Merced CA and moved to Topaz in 2001. He retired 7yrs ago as a subcontractor working on fireplaces and mantels.

In his spare time Don enjoys working in his Greenhouse and playing BINGO.

He likes coming to TRE because he enjoys the company!

We Support Our



Local V.F.W.



BUNCO

Join us for Bunco!!

On November 15th from 12:00pm—3:00pm

We play every-other-month

Cost is \$16.00 and includes Taco Salad.

For more information, contact Deanna Newman 775-

Sagehen Holiday Bazaar & Flea Market

Join us on November 1st at the TRE Community Center from 9am-3pm. Crafts, gifts, fun and friends! Hope to see you there.



Mark Your Calendar for these Upcoming TRE Senior Center Events...

October

15th—Sagehen's Meeting
21st—Flu Shot & Blood Pressure Clinic
25th—VFW Pancake Breakfast 8:30am-11am
31st—Holiday Bazaar & Flea Market Set-up

November

1st—Sagehens' Holiday Bazaar & Flea Market 9:30-3:00pm
15th—Sagehen's Bunco Fundraiser @12pm-3pm
19th—Potluck luncheon & Community Donations Allotment 12-3pm
22nd—VFW Pancake Breakfast

December

6th—Sagehens' Children's Christmas Party
17th—Sagehens' Christmas Party
24th—Christmas Eve Candle Light Service

No. County Upcoming Activities & Events—September

What's Happening in North County:

North County Dining: Congregate Dining is provided each Wednesday and Friday at 12pm, at the James Lee Park GID, located at 3394 James Lee Park, Carson City (Indian Hills). The suggested donation for lunch is \$3.00 for anyone 60 years or older. ***Those unable to pay will not be denied service.**

FREE Blood Pressure Checks: North County GID Center will resume in November.

Douglas County Social Services: North County GID the last Wednesday of each month from 11am—1pm.



Meet Your Neighbor



Linda Rossini is originally from San Francisco. She moved to Carson City, 14 years ago. She went to school to be a CNA and has been working as a residential assistant for the past 12 years. She likes the N. County nutrition program because it's a great way to meet people and likes this service for the seniors.

WE'RE HERE TO SERVE!!



SEPTEMBER BIRTHDAY



Lunch Time Book Exchange



Let's Play!



Every Friday at 1:00pm after the meals are served, we have several games available for play with your neighbors.

Card Games:

Cribbage, Canasta

Dice Games:

Yahtzee, Parcheesi, Farkle, Chess & Dominos *Any other games of choice*



Bingo...Bingo...Bingo

Every Wednesday, from 10:30 a.m. until 11:30 a.m. Any persons interested in partaking of the Bingo games, be sure to come early enough to purchase bingo cards. Cards will be available at two cards for one dollar.

You can play as many cards as you can keep track of for each game. Please see Kathryn if you have questions.

Good Luck to all!

Book Exchange



Book Exchange

It will be available to those who like to read, and are willing to share use books. Any books that are donated to the No. County/GID library and not taken, will be donated to the Senior Center.

Please see Christine for details on the number and type of books we are seeking.

Mark Your Calendar for these Upcoming N. County Senior Center Events...

October

1st—Game Day
3rd—Bingo
8th—Game Day
10th—Birthday Day & Bingo
15th—Bingo & GID Board Meeting @6pm
17th—Bingo
22nd—Game Day
24th—Bingo
29th—Game Day
29th—Game Day
31st—Closed for Nevada Day

November

5th—Game Day
7th—Bingo
12th—Game Day
14th—Birthday Day & Bingo
19th—Bingo
21st—Bingo
26th—Thanksgiving Feast & Game Day
28th—Bingo
29th—Game Day

December

3rd—Game Day
5th—Bingo
10th—Game Day
12th—Bingo
17th—Game Day
19th—Bingo
24th—Christmas Feast & Game Day
26th—Bingo
31st—New Year's Eve Celebration



Turkey Vegetable Crescent Pie



Ingredients:

- 2 cans (about 14 oz.) fat-free reduced chicken broth
- 1 medium onion; diced
- 1 1/4 lbs. turkey tenderloins, cut into 3/4 in. pieces
- 3 cups diced red potatoes
- 1 tsp. chopped rosemary or 1/2 tsp. dried rosemary
- 1/4 tsp. salt
- 1/8 tsp. black pepper
- 1 bag (16 oz) frozen mixed vegetables
- 1 bag (10 oz) frozen mixed vegetables
- 1/3 cup fat-free (skim) milk plus additional if needed
- 3 tbsp. cornstarch
- 1 pack (8 oz.) refrigerated reduced-fat crescent rolls

Directions:

1. Bring broth to a boil in large saucepan. Add onion; reduce heat and simmer three minutes. Remove turkey from saucepan with slotted spoon; place in 13x9-in. baking dish.

2. Return broth to a boil, add potatoes, rosemary, salt and pepper.; simmer 2 minutes. Return to a boil and stir in mixed veggies. Simmer, covered 7-8 minutes or until potatoes are tender. Remove veggies with slotted spoon. Drain in colander, set over bowl; reserve broth.
3. Preheat oven to 375 deg. Blend 1/3 cup milk with cornstarch in small bowl until smooth. Add enough milk reserved broth to equal 3 cups. Heat in large saucepan over medium-high heat; whisk in cornstarch mixture, stirring constantly. Boil 1 min. and remove from heat. Pour over turkey and veggie mixture in baking dish.
4. Roll out crescent roll dough and separate at perforations; arrange dough pieces decoratively over top of turkey-veggie mixture.
5. Bake 13-15 min, or until golden brown.

Fall Fruit and Vegetables

Fall Fruits

- Apples
- Cranberries
- Figs
- Grapes
- Kohlrabi
- Limes
- Pears
- Persimmons
- Pomegranates

Fall Vegetables

- | | | |
|-------------------------|--------------|----------------|
| • Artichokes | Garlic | Rutabagas |
| • Arugula | Green Beans | Shallots |
| • Beets | Green Onions | Shelling Beans |
| • Belgian Endive | Herbs | Spinach |
| • Broccoli | Horseradish | Sweet Potatoes |
| • Broccoli Raabe/Rapini | Kale | Tomatillos |
| • Brussels Sprouts | Kohlrabi | Turnips |
| • Cabbage | Leeks | Winter Squash |
| • Carrots | Lemongrass | Zucchini |
| • Cauliflower | Lettuce | |
| • Celery | Mushrooms | |
| • Chard | Okra | |
| • Chicories | Parsnips | |
| • Chilies | Peppers | |
| • Edamame | Potatoes | |
| • Eggplant | Pumpkins | |



Breast Cancer Awareness Facts



FACTS & TIPS TO REDUCE THE RISK OF BREAST CANCER

- Every 2 minutes, there is a new breast cancer diagnosis and every 14 minutes, a life is lost to breast cancer
- 85% of all diagnoses have no family history of breast cancer
- 1 in 8 women will be diagnosed with breast cancer
- Breast cancer is the leading cause of death in women between ages 40 and 55
- Breast cancer is the most common cancer among women in the United States, other than skin cancer
- Breast cancer is the second leading cause of cancer death in women, after lung cancer
- Over 40,000 people will die from breast cancer this year, about 400 of them will be men
- In females, the risk of dying from breast cancer is about 1 in 35.
- Simply being a woman is the main risk for breast cancer
- The chance of getting breast cancer goes up as a woman gets older
- About 5% to 10% of breast cancers are thought to be linked to genetic mutations (abnormal changes) inherited from one's mother or father.
- Breast cancer risk is higher among women whose close blood relatives have this disease
- White women are slightly more likely to get breast cancer than are African-American women. But African American women are more likely to die of this cancer
- Women who have not had children or who had their first child after age 30, have a slightly higher risk of breast cancer
- Studies have found that hormone replacement therapy puts women at a slightly greater risk for developing breast cancer
- Some studies indicate that breast-feeding lowers breast cancer risk, especially if the breast-feeding lasts 1 1/2 to 2 years
- The American Cancer Society estimates that in 2012, approximately 226,870 people will be diagnosed with breast cancer
- Breast cancer accounts for 1 of every 3 cancer diagnoses in women in the United States
- Use of alcohol is clearly linked to an increased risk of developing breast cancer
- Being overweight or obese is linked to a higher risk of breast cancer, especially for postmenopausal women and if the weight gain took place during adulthood
- Studies show that exercise reduces breast cancer risk
- The most common sign of breast cancer is a new lump or mass; however, most breast lumps are benign (noncancerous)
- Although there is no way to prevent breast cancer; there are things women can do that might reduce their risk. You can lower your risk of breast cancer by working on those risk factors that can be changed
- The earlier breast cancer is found, the better the chances that treatment will work
- Women should be aware of how their breasts normally look and feel and report any changes to their doctor right away. Finding a change does not mean that you have breast cancer.
- The best protection is early detection; When breast cancer is found early, the five year survival rate is 96%
- Mammography is a low-dose x-ray examination that can detect breast cancer up to two years before it is large enough to be felt
- Women who began having periods early (before age 12) or who went through the change of life (menopause) after the age of 55 have a slightly increased risk of breast cancer
- Breast cancer accounts for less than 1% of malignancies in men.
- At this time there are over 2.5 million breast cancer survivors in the United States
- Healthy breasts can feel lumpy. Lumpiness is not a cause for concern as long as it is normal for your breasts

Recommendations for Cancer Prevention

These ten recommendations for cancer prevention.

1. Be as lean as possible without becoming underweight
2. Be physically active for at least 30 minutes every day. Limit sedentary habits.
3. Avoid sugary drinks. Limit consumption of energy dense foods.
4. Eat more of a variety of vegetables, fruit, whole grains and legumes such as beans.
5. Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
6. If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.
7. Limit consumption of salty foods and foods processed with salt (sodium).
8. Don't use supplements to protect against cancer.
9. It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods.
10. After treatment, cancer survivors should follow the recommendations for cancer prevention.